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BASIC AND BATTLE PHYSICAL TRAINING

PART XII

FITNESS TRAINING TABLES FOR BOYS

1947

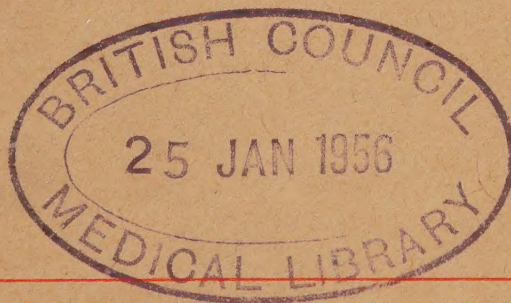
(This Training Manual supersedes PT Tables for Boys, 1931)

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*Prepared under the direction of
The Chief of the Imperial General Staff*

THE WAR OFFICE,

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PREFATORY NOTE

Basic and Battle Physical Training is the main title of a series of pamphlets that will replace Purposeful and Basic Physical Training, 1942. Each pamphlet, dealing with one or more aspects of physical training, will be issued separately.

Part I. —General principles of basic and battle physical training, and methods of instruction.

Part II. —Basic physical training tables and basic physical efficiency tests.

Part III. —Syllabus of battle physical training and battle physical efficiency tests.

Part IV. —Endurance training.

Part V. —Jumping, vaulting, climbing, scaling and obstacle training.

Part VI. —Pulling, pushing, lifting and carrying.

Part VII. —Throwing, balancing, and physical training for mountain warfare.

Part VIII.—Swimming, life saving and improvised aids to crossing water obstacles.

Part IX. —Boxing and wrestling.

Part X. —Shoot to kill (physical training for weapon training).

Part XI. —Recreational training.

Part XII. —Fitness training tables for Boys.

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DISTRIBUTION

All arms	Scale A plus 1 copy for each APTC instructor.
Army School of PT	600 copies.
Command PT Schools	200 copies.

BASIC AND BATTLE PHYSICAL TRAINING

PART XII

FITNESS TRAINING TABLES FOR BOYS

CHAPTER 1

INTRODUCTION

The fitness training of boys in the Army cannot be undertaken without first considering their individual character. Collectively they can be said to possess the definite ambition to function as soldiers from the very start of their careers; consequently they have a strong inducement to exert the necessary effort required for progress. By reason of their youth, they are active, energetic, healthy and have acquired some idea concerning discipline; but their will-power, and with it their character, requires to be trained in the right direction. The importance of this factor must be realized by all instructors, who should therefore set themselves the task of developing each individual character rather than forcing all into a uniform pattern.

The characteristics which should be chiefly stressed are accuracy, self respect, energy, punctuality, obedience, tidiness, and cleanliness. Of these the first—accuracy—is, perhaps, the most important, as it inculcates the habit of performing every act with precision. It should therefore be continually kept before the boys' minds in order to perfect them through their own efforts.

Over enthusiasm, leading to unnecessary strain must, however, be avoided. There will always be a tendency towards general tenseness of the whole body, and the instructor must continually remind boys to relax those muscles which they need not be using.

Exercises requiring absolute control of the body, as exemplified in those under the heading "Balance" are particularly valuable and should be included during the agility group.

Section 1.—USE OF THE TABLES

The progressive scheme of fitness and recreational training set out in the following tables supersedes all previous physical training tables for boys serving at military schools.

The purpose of the scheme is to co-ordinate the educational fitness training of boys with their recreational training, and to ensure that boys know the reason for and purpose of physical fitness, and how, with careful coaching and study, they can improve their skill, both as games players and athletes.

The Tables are designed to produce bodily strength, mobility, agility and the spirit of competition, coupled with a sound fundamental knowledge of the basic skills of rugby and association football, cricket and athletics.

The exercises and recreational activities are arranged in a progressive scheme. All the Tables provide a large variety in material from which an instructor can construct interesting and purposeful lessons. The basic skills for rugby and association football, cricket, and athletics as set out in the following tables, if followed with perseverance, will improve the standard of play. The reason for healthy

exercise and the purpose behind each activity must be explained to the boys. In this way co-operation and eagerness for exercise will be encouraged. Enjoyment is the most important factor in fitness training, and unless the right atmosphere is present the lessons will fail in their purpose. Both formal and recreational exercises and activities rightly conducted develop discipline.

Section 2.—**PROGRESS AND CONTINUITY OF TRAINING**

Instructors should construct tables of exercises, skills and training games from the comprehensive lists set out. The preparation of the daily or periodical lesson must be carefully carried out by the instructor. Systematic progression, according to the average ability of the class, throughout the yearly period must be gradual, and the capabilities of each boy must be understood and recognized. It must always be remembered that the exercises chosen should be "applied to the boy" and not "the boy to the exercises". The instructor's individual interest in each boy and a personal knowledge of his fitness will enable him to select the right activities in each case.

Instructors may, if necessary, adjust the activities to suit the class. A complete lesson should include exercises from all seven groups in the order shown. Only regular and uninterrupted training will achieve a high standard of fitness, and once training has commenced every effort must be made to ensure continuity. Every new activity learned and practised should be based on and developed from others previously taught. When continuity of regular lessons is broken, revision of exercises and activities previously taught will be found necessary before boys are allowed to proceed to the next progressive stage in training.

Section 3.—**THE HYGIENE OF PHYSICAL TRAINING**

Fitness training lessons should normally be performed out of doors, and in the appropriate dress. In fine weather boys should be permitted to strip to the waist. When performing activities involving the risk of injury to the skin (*ie*, rope climbing) vests or light clothing should be worn. Outdoor work for the training practices in the major games is most important, as not only will this allow for healthy exercise, but it will serve to give the right atmosphere for the various games and activities.

When fitness training takes place indoors careful attention should be paid to adequate ventilation of the gymnasium or hall during the lesson. It is also important that the floors of rooms used for training should be clean.

A shower bath or a brisk rub down after exercise is part of the practical hygiene of a training period and should never be omitted.

Section 4.—**CONSTRUCTION AND METHOD OF APPLICATION OF THE TABLES**

PART I.—GAME FORM ACTIVITY

(Including Free Running) (2 minutes)

Every lesson should start with an activity from this Part. Games require to be carefully chosen and coached. It should always be borne in mind that at different stages of growth boys exhibit different characteristics, and that games chosen must vary accordingly. Full use

must be made of the team spirit and of competition. The object is to warm the body as a whole and create a pleasant and stimulating atmosphere for the beginning of the period. A short spell of free running, carefully coached by the instructor, should precede or follow the game-form activity. Boys should be permitted to run in free formation to allow them to make the fullest use of space available.

PART II.—MOBILITY (4 minutes)

Exercises in this part of the table are devised with the object of maintaining or increasing mobility in the joints. They also stimulate the circulation and respiration, and so prepare the body for the more vigorous activities which follow. Exercises should be selected from each of the three groups and in the order given, *ie*, arm and shoulder, trunk, leg. The introduction of the breathing exercise at the conclusion of this Part will afford the instructor an opportunity of coaching the boys in the correct and most efficient method of using their breathing mechanism.

PART III.—STRENGTH (6 minutes)

There are four groups of strengthening exercises under the following headings : (a) Wall Bars, (b) Heaving and Abdominal, (c) Climbing, (d) Game-form Activity. All have as their main object the development of strength and tone in the main muscle groups. One game-form activity should be included in every lesson, together with one exercise from each of two of the other three groups. Care must be taken to adapt the apparatus to the height of the boys. Not more than three exercises in all should be taken from this Part, as they are all exercises which impose considerable strain.

PART IV.—AGILITY AND CONTROL (6 minutes)

This Part includes jumping, vaulting, groundwork, and balance exercises. These exercises will assist in the development of agility and bodily control. One or more exercises from each group should be chosen for each lesson. A varied range of activities is provided, so that instructors can change the lesson from day to day.

PART V.—TRAINING PRACTICES FOR MAJOR GAMES AND ATHLETICS (12 minutes)

In the early stages of training anything in the nature of serious athletic training is out of place, as the boy at this period is too immature to be subjected to the physical and nervous strains involved, and he is also too young to undergo specialized training in the details of technique. Training practices for games and athletics may, however, be used to great advantage and are included. These training practices have a very strong appeal to boys. In order to derive the maximum benefit, only one major game or athletic activity should be practised each lesson.

PART VI.—TEAM GAMES AND RELAY RACES (7 minutes)

Small side team games and relay races are listed in this Part. Only one activity from each group should be selected each lesson. The spirit of competition and keen rivalry should at all times be encouraged by instructors.

PART VII.—CARRIAGE AND POSTURE (3 minutes)

Though occupying the shortest time this is one of the most important Parts of the lesson. Its main object is to give the boys the opportunity to ease off after their strenuous exertions. Three points are noted for attention: (a) Marching, (b) Breathing, (c) Posture, and position of attention. Boys should be permitted to breathe easily in their own time, with hands resting on hips in order to ease the weight of the shoulders off the chest wall.

Section 5.—GENERAL NOTES FOR INSTRUCTORS

(For further details *see* Basic and Battle PT, Part II, 1944)

The results obtained from the lessons depend upon the intelligent application of the work by the instructor. Training by interest should be the keynote and boys should have the "Reason Why" of all they do made clear to them.

Unnecessary time, however, must not be given to long descriptions. Boys will learn quicker through the eye than the ear.

The "follow the leader" method of instruction will be found to be the most effective in Part II, *ie*, the instructor sets the exercises and the class follow him, changing from one exercise to the next without a pause.

In Part III the demonstration method of instruction will be used. The method of commanding exercises in this Part will be more formal than that employed in Part II, since each exercise will be carried out to definite words of command. It is important that selected quick reaction games be frequently employed.

In Part IV, the class should be divided into sub-groups, each working at separate activities and changing over on a signal from the instructor. Boy team leaders should be trained to take charge of a sub-group under the general supervision of the instructor.

In the games practices special attention should be given to those boys who do not show natural aptitude. This part of the lesson should be free from the formal discipline necessary in apparatus and gymnastic work.

For team games and relay races teams should be kept down to six or less in number so as to avoid boys standing about. The instructor should never fail to tell the class the order in which the teams finished the race.

Finally, it must be stressed again that success depends on the instructor's careful preparation of his lesson, and his enthusiasm and thorough knowledge of the subject.

CHAPTER 2

FITNESS TRAINING TABLES FOR BOYS FIRST YEAR

PART I.—GAME FORM ACTIVITY (Including Free Running) (2 minutes)

Choose one of the following each lesson :—

- (a) Hopping tag.
- (b) Dodge and mark, walking and running.
- (c) Sit down crossed leg and spring up quickly.
- (d) Skip jumps on one foot, grasping opposite ankle.
- (e) Run to wall and back to centre line, followed by one hand tug-of-war.
- (f) Wheelbarrows which won't go.
- (g) Running from wall to wall, on signal, boys make as many "runs" in a given time as possible.
- (h) One against three.
- (i) Hands joined tag.
- (j) Small groups.

NOTE.—Composite game form activities should be introduced towards the end of each yearly period of training.

PART II.—MOBILITY (4 minutes)

Quick reaction games and activities should be introduced during any part of the lesson, as required.

1. Arm and Shoulder

- (a) (Astride, arms crossed, left wrist over right, hands loosely closed.) Arm swinging forward—sideways. (Keep hands loosely closed throughout the exercise and palms facing downward in the sideways position.)
- (b) (Astride, arms sideways, palms facing downwards, fingers stretched.) Arm stretching forward and swinging downward—sideways. (Fists should be clenched during stretching movement and hands loosely closed during swinging movement.)
- (c) (Astride, one hand on hip.) One arm circling backward. (Try to "brush" the ear with the upper arm and keep the hand loosely closed.)
- (d) (Astride, arms upward, palms facing inwards, hands loosely closed.) Arm swinging sideways—downward. (Keep hands loosely closed throughout the exercise.)
- (e) Arm raising sideways—upward slowly. (Keep fingers stretched and turn palms upwards during the upward movement and downward during the downward movement.)
- (f) (Astride, across bend, hands loosely closed.) Arm swinging forward—sideways. (Keep arms level with shoulders and hands loosely closed throughout the exercise.)
- (g) (Upward bend, fists clenched.) Arm stretching forward, upward and sideways. (Stretch fingers during each stretching movement.)

- (h) (Astride, arms sideways, palms facing downward, fingers stretched.) Arm bending to head rest. (Perform exercise moderately slowly.)
- (i) Arm raising forward, carrying sideways and lowering. (Keep body erect and fingers stretched throughout the exercise.)
- (j) (Astride) Arm swinging forward, across bend, swinging sideways and lowering. (Keep arms in line with shoulders during across bend and swinging sideways, and hands loosely closed throughout the exercise.)
- (k) (Astride, arms forward, palms facing inwards, hands loosely closed.) Arm swinging downward—sideways.
- (l) (Astride.) Arm swinging backward—forward—upward, and stretching downward. (Keep feet flat on floor, hands loosely closed during arm swinging movement, and fists clenched during stretching movement.)

2. Trunk

- (a) (Astride.) Trunk and head turning from side to side with arm swinging sideways. (Keep feet flat on floor and hands loosely closed during arm swinging movement.)
- (b) (Astride.) Relaxed trunk bending downward with turning to grasp one knee with both hands, changing to other side through the upright position. (Keep both legs straight and try to touch knee with forehead.)
- (c) (Astride, hands on hips.) Trunk turning from side to side. (Keep body erect and feet flat on floor.)
- (d) (Astride, arms sideways, fingers stretched.) Trunk bending from side to side slowly. (Keep arms in line with shoulders and feet flat on floor.)
- (e) (Astride, one hand on hip, one arm crossed with fingers loosely closed.) Trunk and head turning with one arm swinging midway—upward. (Keep feet flat on floor and palm of hand facing forward in the midway-upward position.)
- (f) (Astride, arms sideways, palms facing forward, fingers stretched.) Quick trunk and head turning with hand clap. (Keep body erect and feet flat on floor during trunk turning movement.)
- (g) (Astride.) Trunk bending from side to side. (Keep arms close to body and allow palms of hands to slide up and down the outer sides of legs.)
- (h) (Astride, upward bend, fists clenched.) Trunk and head turning with arm stretching sideways. (Keep body erect and stretch fingers during arm stretching movement.)
- (i) (Astride, one arm sideways, fingers stretched.) Trunk and head turning to reach behind as far as possible. (Keep arm in line with shoulder and feet flat on floor.)
- (j) (Astride.) Relaxed trunk bending downward to touch floor with finger tips or palms of hands and trunk unrolling. (The unrolling should be a little slower than the relaxed trunk bending downwards.)
- (k) (Astride.) Trunk bending sideways (1—3 to each side). (Keep body erect and on the rebound from each sideways bend movement return almost to the upright position.)
- (l) (Astride.) Trunk turning and bending downward with bent knees to touch floor behind the heels as far as possible. (Keep feet flat on floor and bend knees sufficiently only to touch floor.)

3. Leg

- (a) (Hands on hips.) Astride jumping.
- (b) (Hands on hips.) Heel raising and knee full bending to four counts.
- (c) (Hands on hips.) Hopping with free leg swinging forward and backward. (Keep swinging leg relaxed and bend knee slightly to clear floor during movement.)
- (d) Quick knee bending to crouch position. (Keep knees together in crouch position.)
- (e) (Hands on hips.) Hopping with toe placing sideways. Later, forward.
- (f) Hopping on the spot with alternate knee raising high.
- (g) (Upward bend.) Astride jumping with arm stretching sideways. (Keep arms in line with shoulders and stretch fingers during arm stretching movement.)
- (h) Hopping, grasping one foot behind back, on signal, change feet.
- (i) Skip jumping, turning about after a given number of jumps.
- (j) (Heels raised, arms sideways, palms facing downward, fingers stretched.) Knee full bending slowly with arm lowering, followed by quick knee stretching with arm swinging sideways.
- (k) Heel raising with arm swinging sideways—upward to clap hands overhead.
- (l) (Feet closed.) Rocking slowly from heel to toe and from toe to heel. (Keep body erect and raise high on the toes in the heels raised position.)
- (m) Breathing. (Astride, hands on hips.) Breathing.

PART III.—STRENGTH (6 minutes)

Each lesson to include one exercise from at least two apparatus groups and one game form strengthening activity.

1. Abdominal (Wall bars)

- (a) (Back rest, upward grasp.) One knee raising, left and right.
- (b) (Front standing, over grasp.) Jumping up and down 5 lowest bars.
- (c) (Back rest, upward grasp.) One leg raising forward, left and right.
- (d) (Hanging, over grasp.) Later, head pressing backward.
- (e) (Hanging, over grasp.) Slow leg parting.

2. Heaving and Abdominal (Beam)

- (a) (Front standing, forward grasp.) Arm slight bending and immediate stretching. Later, with one leg raising backwards, left and right. (Beam, Chest height.)
- (b) (Front standing, forward grasp.) Arm bending. (Beam, Chest height.)
- (c) (Front standing, forward grasp.) Backward hanging. (Position taken by walking steps forward.) (Beam, Chest height.)
- (d) (Front standing, forward grasp.) Backward hanging, followed by one knee raising, left and right. (Beam, Chest height)
- (e) Practice jumping to various hanging positions with assistance. (Beam, hang height.)

3. Climbing (Ropes).

- (a) Hanging, inward grasp.
- (b) (Hanging, inward grasp.) Swinging, over a marked space (one or two ropes).

4. Game Form strengthening activities

- (a) "Sawing" in pairs.
- (b) Hopping tug-of-war.
- (c) Bear walk.
- (d) Catch and pull tug-of-war.
- (e) Bull in the ring.
- (f) Obstinate calf.
- (g) Dead boy in three's
- (h) Pushing wrestle.
- (i) Chinese boxing.

PART IV—AGILITY AND CONTROL (6 minutes)

1. Jumping

- (a) Upward jumping, landing in knees full bend position, with finger support.
- (b) Upward jumping with assistance (in pairs).
- (c) (Toe backward.) Jumping forward with one step start, landing in crouch position with finger support.
- (d) Jumping on and off low benches.
- (e) Jumping over low obstacles.
- (f) (High standing.) Jumping down to land in crouch position with finger support, gradually increasing height of apparatus from 2-ft to 4-ft.

2. Vaulting

- (a) Astride vault to high standing. Downward jump off two feet.
- (b) Through vault to high standing. Downward jump off two feet.
- (c) (Side standing.) Face vault with bent knees over bench or low obstacle.
- (d) (High standing, crouch position.) Jump forward on to the hands and astride vault off the end of the apparatus (Horse lengthways).

3. Groundwork

- (a) Preliminary starting position for forward roll, *ie*, Crouch position, knees together, arms forward, palms downward.
- (b) Forward roll, with assistance.
- (c) Preliminary starting position for hand standing, *ie*, Crouch position, one leg backward, hands on floor, width of shoulders apart.
- (d) Hand standing against wall with two or three supporters.
- (e) Preliminary starting position for backward roll, *ie*, Crouch position, knees together, trunk forward, arms downward.
- (f) Backward roll, with assistance.
- (g) Preliminary starting position for head standing, *ie*, Crouch position, one leg backward, head on floor, hands on floor, arms bent.
- (h) Head standing against wall with two or three supporters.

4. Balance

Game Form

- (a) Hugging one knee and hopping on the spot.
- (b) Skip jumping, on signal, stopping on the toes with arm sideways or forward.
- (c) (In pairs.) Hopping charges.

Without Apparatus

- (a) (Hands on hips.) Leg raising forward, sideways and backward.
- (b) (Knee raised.) Leg changing with a jump.
- (c) (Knee raised.) Leg stretching forward with arm raising forward.
- (d) Rhythmical knee raising with arm raising sideways, holding the knee raised, arm sideways position on a given count.

With Apparatus

- (a) (Balance standing.) One knee raising and leg stretching forward. (B of E bench, rib uppermost, or beam, flat side up, knee height.)
- (b) (Balance standing.) Balance walk forward with assistance, later, without assistance. (B of E bench, rib uppermost, or beam, flat side up, knee height.)
- (c) (Balance standing, one foot forward) Knee bending forward. (B of E bench, rib uppermost, or beam, flat side up, knee height.)
- (d) (Balance standing, leg raised sideways, arms sideways.) Arm swinging upward to clap hands overhead.

PART V.—SELECTED ACTIVITIES FROM APPENDIX A (12 minutes)

See notes in preamble

PART VI.—TEAM GAMES AND RELAY RACES (7 minutes)

Choose one activity only from Groups (a) and (b) each lesson.

Group (a)

- (i) French touch.
- (ii) Moving target
- (iii) Ball passing versus team running
- (iv) Team dodge ball

Group (b)

- (i) Potato race.
- (ii) Clock relay
- (iii) Walking relay
- (iv) Scotch handball

PART VII.—CARRIAGE AND POSTURE (3 minutes)

1. Carriage

Walking in file formation with special attention to :—

- (a) Body balance
- (b) Relaxation.
- (c) Co-ordinated movements.
- (d) Rhythm.

2. Breathing (Class formation)

(Astride, hands on hips.) Special attention to :—

- (a) Mobility of the ribs.
- (b) Regular breathing action.

3. Posture (Class formation)

Standing position. Special attention to :—

- (a) Balance.
- (b) Relaxation.
- (c) Regular breathing.

SECOND YEAR**PART I.—GAME FORM ACTIVITY**

(Including Free Running) (2 minutes)

Choose one of the following each lesson :—

- (a) Whistle race.
- (b) Free and caught.
- (c) Chase him.
- (d) Racing round the course.
- (e) Horses and jockeys.
- (f) Running circle chase.
- (g) See-saw in pairs, *ie*, changing from heels raise to knees full bend, alternately.
- (h) Walking in circle; on signal, rapid walking to pass boy in front on outside.
- (i) Running and jumping to touch suspended object.
- (j) Chain racing.
- (k) Fishing net.
- (l) Fox and geese.

NOTE.—Composite game form activities should be introduced towards the end of each yearly period of training.

PART II.—MOBILITY (4 minutes)

Quick reaction games and activities should be introduced during any part of the lesson, as required.

1. Arm and Shoulder

- (a) (Astride, upward bend, fists clenched.) One arm punching upward left and right. (Keep fist clenched during arm punching movements.)
- (b) Arm swinging sideways—upward to clap the hands overhead, and swinging sideways—downward in one movement. (Keep body erect and feet flat on floor.)
- (c) (Astride, forward bend, hands loosely closed.) Arm swinging forward—sideways. (Keep body erect, and arms in line with shoulders throughout the movement.)
- (d) (Astride.) Arm swinging forward—upward with increasing range to reach arm upward position on third count. (Keep hands loosely closed and palms facing inward throughout the movement.)

- (e) (Head rest.) Arm swinging sideways—downward and back to head rest in one movement. (Keep body erect and fingers stretched throughout the exercise.)
- (f) Arm bending (1) stretching sideways (2), swinging sideways—downward (3). (Keep fists clenched throughout the exercise.)
- (g) (Astride.) Arm swinging forward—sideways—forward downward. (Keep hands loosely closed and palms facing inward during forward swing and forwards during the sideways swing.)
- (h) (Upward bend, fists clenched.) Quick arm stretching upward, and slow bending. (Stretch fingers during arm stretching and fists clenched during arm bending movements.)
- (i) Arm swinging forward, stretching sideways, and swinging downward. (Keep hands loosely closed during forward swing, fists clenched during stretching movement and hands loosely closed during downward swing.)
- (j) (Astride, arms forward, palms facing inward, hands loosely closed.) Arm carrying sideways slowly. (Keep body erect, palms facing forward in sideways movement and hands loosely closed throughout the exercise.)
- (k) (Astride, arms sideways, palms facing downward, hands loosely closed.) Arm across bend and swinging forward—sideways in one movement. (Keep arms in line with shoulders and feet flat on floor. Hands loosely closed throughout the exercise.)
- (l) Arm swinging sideways and downwards with increasing range, to reach arms midway—upward position on the fourth count. (Keep hands loosely closed throughout the exercise and palms facing downward in the midway—upward position.)

2. Trunk

- (a) (Astride.) Trunk bending from side to side, one arm reaching downward, one arm underbending. (Keep body erect and arms as close to the sides as possible.)
- (b) Quick trunk and head turning with arm swinging. (When the trunk is turned to the left, the left arm is swung backward and the right arm forward. (Keep hands loosely closed.)
- (c) (Astride, upward bend, fists clenched.) Trunk and head turning with alternate arm punching forward. (Keep body erect, and feet flat on floor.)
- (d) (Astride.) Trunk bending sideways with one arm swinging sideways—upwards to the same side. (Try to touch the ear with the swinging upper arm and keep hands loosely closed throughout the swinging movement.)
- (e) (Astride.) Relaxed trunk bending downward to touch floor with finger tips or palms of hands to four counts, followed by trunk unrolling to four counts. (The unrolling should be smooth and continuous.)
- (f) (Astride, arms sideways, palms facing downward, fingers stretched.) Relaxed trunk bending downward with turning to touch foot with opposite hand. (Try to touch knee with forehead.)

- (g) (Astride, hands on hips.) Trunk bending sideways with opposite knee bending. (Keep feet flat on floor and bend knee outwards.)
- (h) (Astride, upward bend, fists clenched.) Relaxed trunk bending downwards to touch floor with finger tips or palms of hands, followed by trunk unrolling with arm bending slowly. (Bend arms at the same time as trunk returns to upright position.)
- (i) (Astride, head rest.) Trunk bending from side to side. (Keep elbows in line with sides of head during the bending movement.)
- (j) (Astride, upward bend, fists clenched.) Trunk bending from side to side with one arm stretching upward. (Keep body erect and feet flat on floor. Try to touch ear with upper arm during the arm stretching movement.)
- (k) (Astride.) Trunk and head turning from side to side with arm swinging forward—upward. (Keep body erect, hands loosely closed with palms facing inwards during the arm swinging movement.)
- (l) (Astride, across bend, hands loosely closed.) Trunk and head turning from side to side with alternate arm swinging forward—sideways. (Keep arms in line with shoulders, hands loosely closed and feet flat on floor.)

3. Leg

- (a) Astride jumping with arm swinging sideways—upward.
- (b) (Heels raised.) Knee bending with increasing range to reach knee full bend on the third count.
- (c) Heel raising with arm swinging forward and forward—upward alternately. (Raise on toes as high as possible, palms facing inwards and hands loosely closed during arm swinging movement.)
- (d) (Hands on hips.) Hopping with toe placing sideways and forward, followed by two skip jumps between each toe placing.
- (e) Skip jumping with rebound.
- (f) Astride jumping, alternating with skip jumping with arm swinging sideways. (Keep arms in line with shoulders and fingers stretched during arm swinging movements.)
- (g) (Hands on hips.) Spring steps alternating with skip jumping. Later, both to a given number of counts.
- (h) (Knees bend, arms crossed, left wrist over right.) Quick knee stretching with arm swinging midway—upward. (Palms facing forward with hands loosely closed in the midway—upward position.)
- (i) (Foot forward, knees fully bent.) Knee springing to four counts, followed by slow knee stretching to four counts.
- (j) Heel raising and knee bending with arm swinging forward—downward—sideways.
- (k) Heel raising and knee bending with arm swinging forward, across bend, swinging sideways and lowering. (Keep arms in line with shoulders and hands loosely closed throughout the exercise.)
- (l) (Hands on hips.) Hopping with leg swinging sideways.
- (m) Breathing. (Astride, hands on hips.) Breathing.

PART III—STRENGTH (6 minutes)

Each lesson to include one exercise from at least two apparatus groups and one game form strengthening activity.

1. Abdominal (Wall bars)

- (a) (Hanging, over grasp.) Alternate heel beating against the bars. (Fairly large range of movement.)
- (b) (High standing, heave grasp.) Body lowering.
- (c) (Hanging, over grasp.) One leg raising backward with bent knee, left and right. Later, leg raising backward with bent knees.
- (d) (High standing, knees fully bent, heave grasp.) Arm bending with knee stretching.
- (e) (Back rest, upward grasp.) One knee raising, leg stretching forward and lowering, left and right.

2. Heaving and Abdominal (Beam)

- (a) (Bent backward hanging.) Trunk raising to backward hanging position. (Beam, chest height.)
- (b) (Backward hanging.) Slight arm bending. (Beam, chest height.)
- (c) (Bent backward hanging.) One leg raising, left and right. (Beam chest height.)
- (d) (Over grasp.) Slight arm bending, with assistance. (Beam stretch height.)
- (e) Practice jumping to various hanging positions.

3. Climbing (Ropes)

- (a) (High sitting.) Position for climbing : (i) grip of feet, (ii) grip of feet and knees, (iii) grip of feet, knees and hands. To test grip, swing in climbing position from bench to bench placed about 4-ft on either side of ropes.
- (b) Jumping to climb hanging position, grasping as high up the rope as possible.

4. Game form strengthening activities

- (a) Tug-of-war with elbow grip.
- (b) Ankle grasp pushing.
- (c) Poison.
- (d) Obstinate calf.
- (e) Wheelbarrow race.
- (f) Squat tug-of-war.
- (g) Pushing contest.
- (h) Arm lock wrestle.
- (i) Four cornered tug of war.

PART IV.—AGILITY (6 minutes)

1. Jumping

- (a) Running forward high jump over low rope.
- (b) Standing forward broad jump.
- (c) Jumping the swinging rope.
- (d) Standing high jumps over series of low obstacles.
- (e) Running forward high jump with high take-off.
- (f) Running forward stride jump. Later, over marked space.
- (g) Hop, step and jump practice.
- (h) Running up sloping bench and downward forward jump.

2. Vaulting

- (a) Leap frog.
- (b) Astride vault over boy standing astride a bench.
- (c) Face vault with bent knees over partner in horizontal kneeling position.
- (d) (Side standing.) Face vault with bent knees progressing along low beam.
- (e) (Forward grasp.) Vault to balance support.
- (f) Running vault to balance support on low beam.
- (g) Running through vault. (Top section of horse placed on two benches, crosswise.)

3. Groundwork

- (a) Forward roll.
- (b) Preliminary movements for cartwheel.
- (c) Backward roll.
- (d) Head standing against wall.
- (e) Running forward roll.
- (f) Hand standing in pairs, one supporting.

4. Balance

Game form

- (a) Hopping race, holding the free ankle in front with the opposite hand.
- (b) Threading the needle.
- (c) Freezing.

Without Apparatus

- (a) (Hopping on the spot.) On signal, hug raised knee.
- (b) Leg and arm raising sideways, holding the sideways position on a given count.
- (c) Slow full knee bending with arm raising sideways.
- (d) (Knee raised, arms sideways.) Hand clapping above, below and above the raised knee and returning to the starting position.

With Apparatus

- (a) (Balance standing.) Balance walking forward with knee raising. (B of E bench, rib uppermost, or beam, flat side up, knee height.)
- (b) (Across balance standing.) Balance walking sideways. (B of E bench, rib uppermost, or beam flat side up, knee height.)
- (c) (Balance standing.) Balance walk forward and backward. (B of E bench, rib uppermost, or beam, flat side up, knee height.)
- (d) (Balance standing.) Balance walking forward and backward, turning about at each step. (B of E bench, rib uppermost.)

PART V.—SELECTED ACTIVITIES FROM APPENDIX A (12 minutes)

(See notes in Preamble)

PART VI.—TEAM GAMES AND RELAY RACES

(7 minutes)

Choose one activity only from Groups (a) and (b) each lesson.

Group (a)

- (i) Ring the stick.
- (ii) Skittle ball.
- (iii) Three court dodge ball.
- (iv) Volley ball.

Group (b)

- (i) Exchange relay.
- (ii) Over and under stick relay.
- (iii) Through the hoop relay.
- (iv) Wheel relay.

PART VII.—CARRIAGE AND POSTURE

(3 minutes)

1. Carriage

Marching in class formation with special attention to :—

- (a) Co-ordinated breathing.
- (b) Rhythm in movement.
- (c) Relaxation.

2. Breathing (Class formation)

(Astride, hands on hips.)

Special attention to :—

- (a) Mobility of the ribs.
- (b) Breathing action.

3. Posture. (Class formation.)

Position of attention.

THIRD YEAR

PART I.—GAME FORM ACTIVITY

(Including Free Running) (2 minutes)

Choose one of the following each lesson :—

- (a) Pushing and pulling contests.
- (b) Back support race.
- (c) Hopping tug-of-war.
- (d) Merry go round.
- (e) Leap frog relay.
- (f) Wrestling with partner and try to lift him off ground.
- (g) Carry boy in threes' race.
- (h) Racing round the course, followed by one against three.
- (i) Georges 100 up, including short competitive sprints.
- (j) Catch and pull tug-of-war.
- (k) Here, there, where.
- (l) Squat boat race.

NOTE.—Composite games form activities should be introduced towards the end of each yearly period of training.

PART II.—MOBILITY (4 minutes)

Quick reaction games and activities should be introduced during any part of the lesson, as required.

1. Arm and Shoulder

- (a) (Astride, arms sideways, palms facing downward, hands loosely closed.) Arm swinging forward, followed by arm swinging sideways and rhythmical press to a given number of counts. (Keep arms in line with shoulders throughout the exercise.)

- (b) Arm swinging forward and backward with heel raising, and arm swinging forward—upward every third count. (Raise as high as possible on toes during heel raising, keep palms facing inward and hands loosely closed during arm swinging movement.)
- (c) (Astride, one arm upward, one arm backward, hands loosely closed, palms facing inwards.) Arm changing with forward swing. (As one arm swings downward, the other arm swings upward. Keep hands loosely closed.)
- (d) (Astride, arms sideways, hands loosely closed, palms facing downward.) Arm swinging downward—forward, downward—sideways to four counts, followed by arm circling backward twice. (Keep hands loosely closed throughout the arm swinging and try to “brush” the ear with the upper arm during the circling movement.)
- (e) Arm swinging forward—upward, stretching sideways, and swinging downward. (Keep hands loosely closed during arm swinging, and fists clenched during arm stretching movements.)
- (f) (Astride, across bend, hands loosely closed.) Elbow pressing backward. (Keep arms in line with shoulders throughout the exercise.)
- (g) (Astride.) Arm circling four times, followed by arm circling once to four counts. (Keep feet flat on floor, body erect and hands loosely closed throughout the exercise.)
- (h) (Astride, upward bend, fists clenched.) Alternate arm punching upward and sideways. (Keep fists clenched throughout the arm punching movements.)
- (i) (Astride, arms sideways, hands loosely closed, palms facing downward.) Arm circling spirally. (Right arm spiral clockwise, left arm anti-clockwise.)
- (j) (Astride, arms crossed, left wrist over right.) Arm swinging forward to midway—upward. (Keep hands loosely closed and palms facing forward in midway—upward position.)
- (k) Arm bending (1) Stretching midway—upward, (2) Swinging sideways—downward, (3) (Stretch fingers in arm midway—upward position with palms facing forward, and hands loosely closed during arm swinging movement.)
- (l) (Astride.) Arm swinging forward—downward—sideways and circling backward. (Keep feet flat on floor, body erect and hands loosely closed throughout the exercise.)

2. Trunk

- (a) (Astride, neck rest.) Trunk bending sideways (1—3 to each side). (Keep body erect, and on the rebound from each sideways bend movement return almost to the upright position.)
- (b) (Astride.) Relaxed trunk bending downward with turning to grasp one ankle with both hands, changing to other side through the upright position. (Keep both legs straight and try to get the forehead as near to knee as possible.)
- (c) (Astride, upward bend, fists clenched.) Trunk bending sideways with alternate arm punching upward. (Keep arm close to head during arm punching movement.)

- (d) (Astride.) Relaxed trunk bending downward to touch floor, alternately, both hands between the feet and one hand outside each foot to four counts, followed by trunk unrolling to four counts.
- (e) (Astride, under bend.) Trunk bending from side to side. (Keep body erect and elbows in line with side of body during bending movements.)
- (f) (Astride, arms crossed, left wrist over right, hands loosely closed.) Trunk and head turning from side to side with arm swinging midway—upward. (Keep hands loosely closed throughout the exercise and palms facing forward in the midway—upward position.)
- (g) (Astride, upward bend, fists clenched.) Trunk and head turning sideways with increasing range to reach full turn on third count. (Keep body erect and feet flat on floor.)
- (h) (Astride, hands on hips.) Trunk bending downward and stretching upward. (Perform both movements moderately slowly.)
- (i) (Astride, hands on hips.) Trunk rolling. (Smooth continuous circling movements with uniform speed throughout, and passing through side bend position to one side, relaxed downward bend, side bend position to opposite side and slight backward bend position.)
- (j) (Astride, across bend, hands loosely closed.) Quick trunk and head turning from side to side. (Keep arms in line with shoulders and feet flat on floor.)
- (k) (Astride.) Trunk bending sideways with opposite knee-bending and one arm swinging sideways—upward. (Keep feet flat on floor, hands loosely closed and try to touch ear with upper arm during arm swinging movement.)
- (l) (Astride, across bend, butcher's grip.) Trunk and head turning from side to side with elbow swinging. (Keep body erect and feet flat on floor. Pull well round with the elbow of the side to which the trunk is being turned, and turn the head as far as possible. Keep arms level with top of chest.)

3. Leg

- (a) (Hands on hips.) Hopping with leg swinging sideways, alternating with hopping with alternate knee raising. Later both to a given number of counts.
- (b) Spring steps, alternating with running on the spot with knee raising high. Later, both to a given number of counts.
- (c) Astride jumping with arm swinging sideways and forward. (Keep fingers stretched during arm swinging movements.)
- (d) Skip jumping. Later, skip jumping to crouch with finger support after given count.
- (e) (Knees full bend.) Knee springing, after given count change to knee stretching with arm swinging sideways. (Keep arms in line with shoulders after arm swinging movement and fingers stretched.)
- (f) One leg swinging forward and backward, left and right, with hand clapping under the knee of the raised leg, over the head, and behind the back. (Keep swinging leg straight.)
- (g) Heel raising with arm circling backward. (Keep hands loosely closed during arm swinging, and raise as high on toes as possible during heels raising.)

- (h) Arm swinging forward—downward—sideways and circling backward with skip jump. (Keep hands loosely closed during arm swinging movements, and try to “brush” the ear with upper arm on circling backward.)
- (i) Georges 100 up, including several short spells of acceleration.
- (j) Astride jumping with knee full bending to crouch with finger support, when feet come together.
- (k) (Knees full bend.) Knee springing, turning to named direction with a jump on a given count.
- (l) (Feet closed, arms forward, hands loosely closed, palms facing downward.) Rhythmical knee bending forward with arm swinging forward—downward—backward. (Try to “brush” the floor with the back of the fingers during the arm swinging movement.)

PART III.—STRENGTH (6 minutes)

Each lesson to include one exercise from at least two apparatus groups and one game form strengthening activity.

1. **Abdominal** (Wall bars).

- (a) (High standing, astride, forward grasp, trunk forward.) Arm bending with assistance.
- (b) (Back rest, over grasp.) Cycling.
- (c) (Hanging, back rest, over grasp.) Left knee raising (1), right knee raising (2), both knees lowering (3).
- (d) (Back rest, over grasp.) Knee raising with increasing range to reach 90 degrees on the third count.
- (e) (Hanging, back rest, over grasp.) One leg raising, left and right.

2. **Heaving and Abdominal** (Beam).

- (a) (Backward hanging.) Arm bending.
- (b) (Jump to heave hanging, alternate grasp, followed by slow arm stretching to hanging alternate grasp. (Beam, hang height.)
- (c) (Overgrasp.) Arm bending with assistance. (Beam, stretch height.)
- (d) (Hanging, under grasp.) Arm bending with or without assistance. (Beam, hang height.)
- (e) (Hanging, alternate grasp.) Arm bending. (Beam, hang height.)

3. **Climbing** (Rope)

- (a) Climbing two or more paces.

4. **Game form strengthening activities**

- (a) Turn the turtle.
- (b) Tug-of-war using rope.
- (c) Indian wrestle.
- (d) Fireman's lift.
- (e) Lifting the log.
- (f) Lifting relay.
- (g) Rugby scrum.
- (h) VC race.
- (i) In pairs, elbow linked rocking horse.

PART IV.—AGILITY (6 minutes)

1. Jumping

- (a) Running, hop, step and jump over marked space, from a standing or running start.
- (b) Running hurdle jump over a low rope.
- (c) Skipping practices using rope.
- (d) Three—four or five consecutive standing broad jumps.
- (e) (Side standing.) Jumping over bench from side to side and progressing forward.
- (f) (Standing astride a bench.) Jumping alternately on and off the bench. Later, progressing forward.

2. Vaulting

- (a) Running cat spring with astride vault off. (Low horse, lengthways.)
- (b) Running through vault. (Low horse, crosswise.)
- (c) (Side standing one leg backward.) Oblique back vault, landing on both feet with side of body toward apparatus.
- (d) Knee spring. (Low horse, crosswise.)
- (e) Running vault with foot assisting. (Low beam or horse.)
- (f) Running astride vault. (Low horse, crosswise.)

3. Groundwork

- (a) Two or more consecutive forward rolls.
- (b) Cartwheel.
- (c) (Hand standing.) Hand walking with support.
- (d) Forward roll followed by backward roll.
- (e) Head stand without assistance.
- (f) (Head standing.) Movements in position (eg) Leg parting; alternate leg lowering and raising; knee bending.

4. Balance*Game form*

- (a) Stepping stones—hopping or jumping from foot to foot from small circle to small circle drawn on floor at irregular distances from each other.
- (b) (In pairs.) Balance wrestle.
- (c) Knee dip.

Without Apparatus

- (a) (Hands on hips.) Trunk lowering sideways with opposite leg raising sideways.
- (b) (Knee raised.) Arm swinging forward—downward—sideways.
- (c) (Heels raised, arms sideways.) Slow knee bending with arm lowering (1), quick knee stretching with arm swinging sideways (2).
- (d) (Toe backward, hands on hips.) Leg raising backward to balance lunge position.

With Apparatus

- (a) (Balance standing.) Stepping forward on to ribs of several parallel benches placed at irregular distances apart.
- (b) (Balance standing.) Walking up sloping bench, flat side uppermost walking forward, later, sideways, along beam, flat side up, and down sloping bench. (Beam, chest height.)
- (c) (Balance support.) Mount to balance standing, walking forward, later, and backwards and dismounting with hands assisting and turning to face the beam. (Beam, chest height.)
- (d) (Sitting astride the beam.) Mounting to balance standing. (Beam, hip height.)

PART V.—SELECTED ACTIVITIES FROM APPENDIX A
(12 minutes)

(See notes in Preamble)

PART VI.—TEAM GAMES AND RELAY RACES
(7 minutes)

Choose one activity only from Groups (a) and (b) each lesson.

Group (a)

- (i) Shinty.
- (ii) Ground handball.
- (iii) Wandering ball.
- (iv) Hit the dodger.

Group (b)

- (i) Sprint relay.
- (ii) Racing tunnel ball.
- (iii) Arch and straddle relay.
- (iv) Medley relay.

PART VII.—CARRIAGE AND POSTURE (3 minutes)

1. Carriage

Marching in squad formation, with special attention to :—

- (i) Marching technique.
- (ii) Marching with co-ordinated breathing.

2. Breathing. (Squad formation.)

(Astride, hands on hips.)

3. Posture. (Squad formation.)

Position of attention.

(At this stage attention should be given to dressing, covering and distance in ranks.)

APPENDIX A

**PRELIMINARY PRACTICES FOR MAJOR GAMES AND
ATHLETIC ACTIVITIES**

It is assumed that instruction is given from time to time on the rules governing these games and athletic activities.

From this Appendix select suitable training practices from **ONE MAJOR GAME OR ATHLETIC ACTIVITY** each lesson.

RUGBY FOOTBALL

INDIVIDUAL SKILLS

1. Running

- (a) Running with " speed off the mark ", quick stopping, turning and swerving on the run.
- (b) Running with the ball held in both hands in front of body.
- (c) Running with the ball in both hands, swerving and sidestepping past obstacles placed on ground. (Cricket stumps or flags.)
Later, similar movements with ball held under one arm.
- (d) Practice slow running with ball held under one arm, on signal, change to quick running.

2. Passing

- (a) (In pairs, facing same direction, one in forward position, several yards apart.) Practice passing ball backward in stationary position, later, at walking and running speeds.
- (b) (In circle formation, facing outwards.) Passing ball round circle.
- (c) (In line, facing same direction, three yards apart, echeloned backwards.) Passing ball backward down the line.
- (d) Passing ball backward from stationary position to hit wall or ground target, later, at running speed.
- (e) Passing ball backward for distance from stationary position, later, at running speed.
- (f) (In pairs, facing same direction.) Running forward to pick up stationary ball, followed by a quick backward pass to partner.
- (g) Practice tactical passing movements, *eg*, " scissor " movement and " feint " or " dummy " passes.

3. Catching

- (a) Correct technique of catching ball.
- (b) (In pairs, facing, several yards apart.) Catching ball thrown by partner, vary height of ball.
- (c) (In circle formation, facing inwards, one player in centre.) Vary speed and height at which the ball is thrown. Later, similar practice with players running in named direction.
- (d) (In pairs, running in same direction, several yards apart.) Catching ball passed by partner followed immediately by short sprint forward.
- (e) (In semi-circle formation one player in front.) Players catching ball kicked by player in front of semi-circle, catcher to be nominated by kicker.

4. Dribbling

- (a) Dribbling ball at walking speed to teach correct technique, later, at running speed.
- (b) Dribbling ball at slow running speed for 10 yds, alternately with fast running dribble for 10 yds.

- (c) Dribbling ball at slow running speed in and out of flags, positioned 3 yds apart.
- (d) (In threes, facing same direction, bunched, centre player with ball.) Practice running forward dribbling ball. On signal, players change places.
- (e) Dribbling ball forward over a prescribed course for speed.

NOTE.—If ball bounces sufficiently high it should be caught and passing practice commenced.

- (f) (In pairs, facing same direction, several yards part.) Dribbling ball forward, passing ball to partner every few yards.
- (g) (In small groups with ball.) Dribbling ball forward by group, on signal, a separate player stops dribble by falling on the ball.

5. Kicking

- (a) Teach correct hold before kicking.
- (b) Punting for direction. Posts or flags 10 yds apart at varying distances in front.
- (c) (In pairs, facing, 20 yds apart.) Punting to partner for direction.
- (d) (In pairs.) Practice "placing the ball".
- (e) Kicking ball from position as practised in (a) for correct technique.
- (f) Kicking "placed" ball for distance, height and accuracy.
- (g) Teach method of "dropping" ball to ground, later followed by "drop kick".
- (h) Teach contact of foot with ball after first rebound, later "drop kicking" for height, distance and accuracy.

6. Tackling

- (a) Teach correct hold with arms and pushing action with shoulders. (Body weight behind push.)
- (b) Practice tackling on "dummy" first at walking speed, later running.
- (c) (In pairs, facing same direction.) Practice tackling partner, first at walking speed, later running.
- (d) (In pairs, facing, several yards apart, one player with ball, partner in centre of a lane 5 yds wide.) On signal, player with ball runs forward, partner attempts tackling practice. Player with ball attempts to evade tackle.
- (e) Teach "hand-off" against player about to tackle.

7. Picking up ball

- (a) Teach technique of picking up stationary ball.
- (b) Practice running forward, followed by picking up stationary ball.
- (c) (In pairs.) Practice running forward and picking up moving ball thrown forward by partner.
- (d) Running and picking up stationary ball, followed by an immediate throw to hit stationary object. (Flag or wall target.)
- (e) "Field" a ball rolled along the ground.

8. Scrumming

NOTE.—Several of the "Game Form" Warm Up exercises as set out in Part I of these Tables will be found suitable as training exercises for Scrumming.

- (a) Teach correct positions in the pack, later, add pushing forward with opposition.
- (b) Practice scrummaging, ball practice, scrum half giving signal to push.
- (c) Practice "hooking", later, combine hooking with pushing.
- (d) Practice breaking up, first slowly, later, quickly.
- (e) Teach "wheeling" in pack formation.
- (f) Practice heeling from loose scrum.

9. Line Out

- (a) Teach correct technique for line up, for throw-in, also different methods of line-out, *ie*, long line or bunch.
- (b) Practice jumping for ball, later catching and passing back to scrum-half.
- (c) Practice "throw-in", later followed by formation of loose scrum.
- (d) Practice "throw-in", placing ball on ground and dribbling forward, alternative to loose scrumming and heeling back.

TEAM TRAINING PRACTICES

1. **Tackling.**—(In pairs, standing in opposite corners of a square marked on ground.) On signal, one player carrying ball attempts to cross the square, while other player tries to prevent with waist tackle.

2. **Circle pass ball.**—Players form large circle, about 3 yds between each player. On first whistle, the ball is passed round the circle clockwise, second whistle denotes direction of passing to be changed to anti-clockwise, on third whistle ball is passed across the circle, other passing movements, such as "miss one player", etc., may be introduced as variations.

3. **Team Passing.**—Players are divided into two teams, each player marking one of the opposing team. Team A pass the ball among themselves, while Team B try to intercept it, the object being to make the greatest number of consecutive passes. All passes must be made in a backward direction.

4. **Exchange relay.**—Teams in file, half of team behind a line A the other half behind a line B, facing. On signal, the leader from line A runs forward and hands over ball to the first player in his team behind line B. This player runs to line A and hands ball to the next player, and so the game is continued. The first team to exchange places win.

5. **Rugby passing relay.**—Teams in line, facing same direction echeloned slightly backward from right to left. On signal, ball is passed from right to left, the last player racing in front of team to right of line and repeating passing movement. First team back in original formation win. Players must remain a named distance apart.

6. **Gaining ground.**—A large playing area is required for this game, *eg*, Rugby field. Teams, five or six aside. Rules: Team winning toss kicks off. If a player fields a ball kicked by an opponent he must kick the ball towards his opponent's "in goal" line. Only 3 yds run

is allowed before taking the kick. The object of the game is to kick the ball over the opponent's "in goal" line. No tackling or running with the ball is allowed. One point is scored for every kick over the "in goal" line.

7. Dribbling relay.—Teams in file. On signal, team leaders run forward, dribbling ball, over a prescribed course and round an obstacle (flag or Indian club) and return to team passing ball to No. 2 in teams, who repeat the practice. First team to complete the practice win.

8. Corner Spry.—As described for "Soccer" training, but with suitable practices for rugger.

9. Running Circle Catch.—Players form large circle, facing either left or right, several yards between each player. The instructor to stand in centre of the circle holding ball. On signal players start running round circle. The instructor throws the ball to each player in turn, who returns it to the instructor. Correct passing and throwing technique should be observed during each return throw. Variations, such as changing direction of running, or throwing ball to anyone unexpectedly, may be introduced at a later stage.

10. Wheel relay.—As described for "soccer" training, with the exception that the ball is passed to each player in turn, in the spoke of the wheel.

11. Swerving.—(Teams in line, facing, 30-yds apart, each player in one team holding a ball.) On signal, player with ball runs forward and tries to pass his opposite number and place ball on scratch line about 5-yds beyond opponent's starting line.

12. Quick off mark.—(Players in line, facing same direction.) On signal players sprint forward a given distance, pick up stationary ball, sprint forward again and place ball in circle marked on ground 10 yds away, and sprint back to original starting line.

13. Rugby touch.—Two teams occupy opposite halves of a fairly large rectangular area. After the game has started players may move anywhere without restriction, and each team endeavours to carry the ball across its opponent's base or goal line, thus scoring one point. The game is played similarly to rugger, with the following exceptions :—

As soon as a player is "touched" he must pass the ball back to a partner.

No scrums or kicking permitted.

Penalty for all offences, rough play, kicking, forward passing, etc., a free throw to the opposing side.

NOTE.—The game may be started from a "line out".

14. Ball and rope relay.—Teams in file behind a scratch line with a jumping rope 2 ft high about 10 yds in front. On signal, leaders run forward with ball, jump the rope and throw ball back to second player in team, and so on until the whole team is on the other side of the rope.

15. Circle touch ball.—Players stand in circle formation, facing inwards, 3 or 4 yds apart. One or more players are selected to stand inside the circle. On signal, ball is passed across the circle from player to player, and the players inside the circle endeavour to intercept it. If successful, he changes place with the last thrower. The ball must not be held too long before passing, and it must not be passed too high out of reach of the players inside the circle. Count the number of passes made.

16. Team passing.—Teams in file, leaders positioned in line with and about 3 or 4-yds to left or right side of No. 1 in team. On signal, teams and leaders run forward, team leader passing ball first to No. 1 in team, No. 1 passing ball back to team leader, who then passes ball to No. 2 in team, and so on. Team to finish first over a prescribed course while making the same number of passes as there are players in team, win.

17. Scrummaging practice.—Players divided into two packs. Front rows of each pack facing and positioned on opposite sides of a line marked on ground. On signal, packs try to push opposing pack a named distance.

ASSOCIATION FOOTBALL

INDIVIDUAL SKILLS

1. Kicking

- (a) (In pairs or small groups.) Practice kicking stationary ball with instep and side of foot.
- (b) (In pairs.) Kicking moving ball to partner for accuracy and speed.
- (c) (In pairs.) Practice returning ball to partner with half-volley, for height, distance and with ground shots.
- (d) Practice kicking stationary ball for long distance and accuracy. (Ball to be kicked over rope or net from 20 yds.)
- (e) Practice kicking stationary ball for height and swerve, *ie*, corner kick.
- (f) Practice free-kicking, lofting ball into target area. (Circle drawn on ground about 20 yds distant.)
- (g) Practice "jab" and "push" kick for accuracy and distance.
- (h) Practice "drop" kicking for height, direction and timing.
- (i) Practice "double kick" action without ball, later with ball.
- (j) Pivot kick.
- (k) Practice penalty kicks.

2. Passing

- (a) (In pairs, facing, several yards apart.) Passing stationary ball to partner with inside and outside of foot.
- (b) (In pairs.) At walking speed, practice short passing with inside and outside of foot. Gradually increase distance between partners and progress to long passing. Later, at running speed.
- (c) (In pairs, facing same direction several yards apart, one in forward position.) Practice forward "feeding" pass. First at walking speed, later running.
- (d) (In pairs, facing same direction, several yards apart.) Passing ball to partner with instep, walking or running for a distance of 20 yds, followed by passing with the inside of foot for a distance of 10 yds.
- (e) (In pairs, facing same direction, several yards apart.) Practice passing, with inside of left foot, outside of right foot, alternately.
- (f) Practice "push" pass, with inside and outside of foot.
- (g) (In pairs, facing same direction, one in forward position.) Practice backward pass.
- (h) Practice passing moving ball in same direction.

3. Dribbling

- (a) Dribbling ball close to foot with inside, outside or instep of foot. First at walking speed, later running.
- (b) (In pairs, facing, several yards apart.) Dribble ball forward round partner and back to starting position, followed by passing ball forward to partner who repeats the practice.
- (c) Dribbling ball forward between two lines of obstacles (cricket stumps or pegs) about 4 ft apart. First at walking speed, later running.
- (d) Dribbling ball round prescribed course (circle or square), keeping ball as near to edge of course as possible.
- (e) (In pairs, facing, several yards apart.) Dribbling ball forward between partner's legs and return to starting position, followed by passing ball forward to partner, who repeats the practice.
- (f) Dribbling ball in and out along a line of obstacles. (Cricket stumps or Indian clubs.)
- (g) Dribbling ball along a straight line, introducing body swerve and feinting movements of foot.
- (h) (In pairs, facing same direction, several yards apart.) Dribble ball forward with inside and outside of feet, changing places every few yards.

4. Trapping

- (a) (In pairs.) Trapping ball dead with alternate feet, using the sole, inside, outside and instep of foot.
- (b) (In pairs, facing, several yards apart.) Ball thrown from partner to partner, who traps it by allowing the speed of the ball to be broken by a concave movement of the chest.
- (c) (In pairs, facing, several yards apart.) Ball thrown to partner, who traps it with inside, outside or instep of foot, and immediately returns ball to partner, with high or low shots.
- (d) (In pairs, facing, several yards apart.) Ball thrown to partner who traps it with inside, outside or instep of foot, and immediately returns ball to partner, using opposite foot.
- (e) Practice trapping and passing ball in named direction in one movement.
- (f) Practice trapping ball with thighs, followed by an immediate pass in a given direction.
- (g) Practice various trapping movements, using body "feints".
- (h) Various trapping practices on the run, followed immediately by passing ball in named direction.

5. Heading

- (a) (In pairs, facing, several yards apart.) Ball thrown to partner, who heads it in named direction.
- (b) Individual practice in heading ball for distance and accuracy. (Head ball over net or rope fixed to stands.)
- (c) (In pairs.) Partners try to keep the ball in the air for a given number of passes or for a specified time.
- (d) (In pairs or threes.) Practice heading passes.
- (e) (In pairs.) Practice heading low ball thrown by partner.
- (f) (In pairs.) Jumping for height to head ball which has been thrown by third player.
- (g) Individual practice in heading ball into marked area (goal-mouth or circles drawn on ground or wall target.)

6. Tackling

- (a) (In pairs.) Each player trying to gain and keep possession of the ball.
- (b) (In threes.) One player trying to get possession of the ball while the other two pass and dribble.
- (c) (In pairs.) Charging with the shoulder, at the same time trying to get possession of the ball.

7. Throwing in

- (a) Throwing ball forward for height and distance (competitive).
- (b) (In pairs, facing, several yards apart.) Throwing ball forward to partner for accuracy.
- (c) Throwing ball at ground or wall target for accuracy.

TEAM TRAINING PRACTICES

1. **Dribbling relay.**—Teams in file. On signal, team leader turns about and dribbles ball in and out between the 2nd and 3rd file, and so on to the end of the line, and back again in the same way. He touches No. 2 on his return, who starts forward round No. 1, and so on down the line. All in turn carry out the same practice, beginning forward and dribbling down the line and back to their original places.

2. **Trapping and passing.**—Teams in circle formation. Team leader in centre of circle. Team leader throws or kicks ball to each player in turn, who carries out the practice as named, *eg*, trapping the ball and passing back to team leader, or kicking back with half-volley.

3. **Heading practice.**—Teams in free formation. Ball is thrown into the air. Players try to keep the ball in the air by heading practice.

4. **Passing race.**—Teams in line. On given signal, teams move forward over a prescribed course, passing ball from player to player. Team to take the shortest time over the distance wins.

5. **Football relay.**—Teams in file, one ball to each team. No. 1 of each team dribbles ball forward and places it in a circle marked on ground at a distance of 20 yds from the file. No. 1 runs back, leaving ball in circle, and touches No. 2 in team, who runs forward and dribbles ball back to No. 3. No. 3 dribbles ball forward and places it in circle. This practice is continued until each player has had a turn.

6. **Heading volley ball.**—As for ordinary "Volley Ball", except that the ball is "headed" on all occasions.

7. **Tackling practice.**—(Teams in file, facing, several yards apart.) Team leader of one team runs forward dribbling ball towards opposing team leader. At the same time opposing team leader runs forward and tackles. If successful, he passes ball back to No. 2 of opposing team and so on.

8. **Wheel relay.**—Teams formed up like the spokes of a wheel. Outside player of each spoke runs round the circumference of the wheel, dribbling the ball and returns to the hub end of the spoke. He then passes ball along the line to next player, who runs round in his turn, and so on through the team. The spoke of the wheel to complete first win.

9. **Corner spry.**—Players in each team stand behind a line facing the leader, who kicks the ball to the first player in the line. He returns it to the leader, who then kicks ball back to the second player, and so on through the team. When the ball reaches the last player, instead of returning it to the leader, he changes place with him, and the whole line moves down one place. This is repeated until each player has had his turn at being leader. As a variation to kicking, the ball may be headed.

10. **Scotch handball.**—Teams in file. A leader is placed 5 yds in front of and facing his team. On signal the leader throws ball to No. 1 player in the team, who runs round the team and back to his place, he then throws ball back to leader and kneels down. The leader then throws ball to No. 2 in team, who carries out the same practice as No. 1. This is repeated by the whole team. Each player must run round every member of his own file.

11. **Circle target ball.**—Teams are arranged in circle formation with suitable target in centre, *eg*, stick or cricket stump. Object of the game is to hit the target with ball, using type of kick nominated by instructor. Kicking movements should be made with stationary and moving ball and players should be encouraged to prevent ball leaving the circle.

12. **Goal shooting practice.**—Several chalk circles are drawn on wall or other suitable place. Each circle has a different scoring value. Team to practice shooting at wall target trying to score in circle with the highest value. Team scoring highest number win.

13. **Football rounders.**—As for ordinary "rounders", except that the ball is kicked on all occasions. This method of playing rounders introduces various training practices.

14. **Moving ball.**—Teams arranged in circle formation. Ball is thrown into circle by instructor. Object is to keep the ball on the move "within the circle" by kicking, passing or volleying from player to player.

15. **Dribbling race.**—Teams in line. On given signal, teams dribble ball forward over a prescribed course, keeping ball near the foot.

16. **Walking football.**—As for ordinary "football", except that all movements and activities are performed at "walking" speed.

17. **Charging.**—Players in small groups, one ball to each group. Players try to get possession of the ball in their own group by shoulder charging. The player in possession of the ball should try to evade by means of swerving and turning.

18. **King of the ring.**—Players are formed up in a circle. On signal they commence to hop on one leg, charging the other players in the circle. If both feet of any player touch the ground he leaves the circle. The last player to survive is the winner. Variation, two teams in differently coloured shirts, similar action, team with most players in circle after a given time win.

19. **Team tackling.**—Teams of five aside. One team trying to score, while other team concentrates on tackling to prevent them scoring.

20. **Football tennis.**—The game is played with two or four aside on an area marked as for "tennis". The "servers" may either kick or head the ball over the net, the "receivers" may return by kicking or heading. The ball may bounce once only on each side of the net before being returned. Each side serves the ball five times before the service changes. The first team to score fifteen points win.

CRICKET**INDIVIDUAL SKILLS****1. Batting**

(a) Teach technique of the following :—

- (i) Stance.
- (ii) Forward strokes.
- (iii) Back strokes.
- (iv) Deflections.
- (v) Cutting.
- (vi) Pull shot.
- (vii) Shots against short bowling.
- (viii) The importance of footwork should be stressed.

NOTE.—The above may be practised in class formation. Instructors should explain the purpose of the various strokes and when they would be employed.

- (b) Practice sprint running between wickets.
- (c) (In pairs.) Hitting ball bowled by partner, using the appropriate strokes for the type of ball bowled.
- (d) (In pairs.) Practice hitting ball bowled by partner, and if a suitable shot results, run one run.

2. Bowling

- (a) Teach grip of ball.
- (b) (In pairs.) Practice arm action with ball, first at walking speed, later, slow running speed.
- (c) (In pairs.) Practice run up with varying speeds.
- (d) (In pairs.) Practice flight and speed with ball.
- (e) Practice "length" delivery, using suitable target.
- (f) (In pairs, facing, thirty yards apart.) Bowling to partner for length and accuracy.
- (g) (In pairs.) Practice bowling at natural speed, using single wicket.
- (h) Teach use of seam, combined with bowling action.

NOTE.—Instructors should note natural spin and swerve actions, and develop.

3. Throwing and Catching

- (a) (In pairs, facing, several yards apart.) Throwing ball to partner, slowly, for accuracy, using left and right hand. Partner to catch with both hands, and later with either hand.
- (b) (In pairs, facing, several yards apart.) Throwing ball to partner with varying speeds, using left and right hand. Partner to catch with both hands, and later with either hand.
- (c) Throwing ball for height and distance, with partner catching with both hands.
- (d) Throwing ball at ground height for accuracy from a distance of 20 yds. Ball to strike ground before hitting target, and arriving at stump height. (Cricket stump positioned in ground.)
- (e) (In pairs.) Throwing ball from stationary position (scratch line) for distance, using left and right hand, with partner catching with both hands. (Competitive.)
- (f) (In pairs.) Throwing ball for accuracy through suspended target. (Hoop attached to arm fixed to a post.)

- (g) (In pairs.) Throwing ball with turnings in various directions, using either hand.
- (h) (In pairs, ten yards apart.) Throwing and partner catching fast ball with both hands, and later either hand. Direction of ball should vary, and the "catcher" should sometimes be made to move to reach it.

4. Fielding

- (a) Explain "placing a field" and reasons for various positions.
- (b) Teach technique of picking up a ball and throwing in.
- (c) (In pairs, facing, several yards apart.) Picking up a moving ball thrown by partner.
- (d) Run forward 10 yds to scratch line, pick up stationary ball and throw forward to hit ground target.
- (e) (In pairs.) Fielding and returning a slow and fast moving ball thrown or bowled by partner.
- (f) (In pairs.) Practice fielding a fast moving ball thrown by partner, followed by an immediate return throw to partner or in named direction.

TEAM TRAINING PRACTICES

1. **Throwing and Catching.**—(Team in line, facing, several yards apart.) Throwing ball forward quickly to partner, making as many consecutive throws as possible in a given time.

2. **Wandering Ball.**—Players are positioned in large circle formation, with one or more players in the middle. The ball is thrown from player to player across the circle, while the player or players in the middle try to intercept. If the ball is intercepted the last player to throw the ball changes place with the player who intercepted.

3. **Circle Target Ball.**—Players are positioned in large circle formation. A stump or suitable target is placed in the middle of the circle. The object of the game is to hit the target in the middle with the ball. The ball must bounce once before hitting the target. To increase activity two or three balls may be used.

4. **Fielding and Throwing Practice.**—(Teams in file 15 yds from scratch line.) On signal, leaders run forward, pick up stationary ball placed on scratch line, turn and throw ball back to No. 2 in team. No. 2 in team runs forward and places ball back on scratch line. Immediately ball is placed on line by No. 2, No. 3 runs forward, picks up ball, turns, and throws back to No. 4 in team. This procedure is continued until the whole team is positioned behind the scratch line furthest from them. In order that players receive a turn at each practice, they should receive a different number when the game is repeated.

5. **Drop Ball.**—Players are given a number and positioned in large circle with one player in middle of the circle. The player in the middle throws the ball into the air, as it is on its downward flight he calls out a number representing one of the players on the circle. The player whose number has been called out runs forward and catches the ball. He in turn immediately throws it up again and calls out another number, and the player with the new number runs out and repeats the procedure.

6. Bowling Practice.—Stumps should be pitched 22 yds apart, and rectangles representing where a good length ball would pitch are marked on the ground as follows at each end.

Length of rectangle 3 ft. Breadth 1 ft. 6 in.

The centre point of the rectangle to be 11 ft from the stumps and in direct line with the middle stumps. Players are divided into two teams, and are positioned with one team a few yards behind each wicket. Players take turns in bowling at their opposite wicket, the number of balls each player bowls being decided beforehand. If the ball pitches directly in the rectangle or hits the wicket one point is scored in each case. The team scoring the most points win. After bowling each player stands behind his wicket and acts as wicket-keeper for the next ball to arrive his end. After passing the ball to the next player in his team he goes to the back of the team.

7. Cricket for Enclosed Space.—The method of play is as for cricket, except that points are registered instead of runs. The number in each team should be governed by the size of the building in which the game is played. If the ball, after having been struck by the batsman, hits the wall before bouncing, the batsman is out. If the ball hits the wall after bouncing, one point is scored. Each run made in the normal way counts two points. Points for hitting the wall as described above, and for scoring runs may be made together.

8. Rounders.—As played for ordinary "rounders", except that a cricket bat and ball may be used instead of an improvised bat and tennis ball.

9. Batting and Fielding Practice.—Players are positioned in a large circle formation facing inwards, with one player in the middle as batsman. The ball is bowled by any player on the circle to the batsman, who should play the ball in the correct direction, according to the type of ball bowled. If successful in making the batsman miss with a fairly delivered ball, the player doing so changes place with batsman. The various types of balls bowled should allow for a variety of strokes by the batsman, thereby giving all the players on the circle a chance to practice fielding and bowling. An alternative formation is for the players to be in a semi-circle with a wicket-keeper behind the batsman.

10. Catching and Throwing-In Practice.—One player is selected as batsman and one as wicket-keeper. The remaining players are dispersed in the field in open formation within an angle of thirty degrees. The batsman hits the ball for catching practice, nominating a player each time. On catching the ball the player returns it with a throw as quickly as possible to a wicket-keeper, who is placed behind a stump about ten yards from the batsman. Three or four balls should be made available for the game. Batsman and wicket-keeper should be changed periodically. The game can be made competitive by dividing the players into two teams, and giving one point for a catch and one for hitting the stump.

11. Throwing and Catching Practice.—Players in file behind a scratch line. On signal, team leaders run forward 15 yds to another scratch line, turn and throw ball back to No. 2 in team. No. 2 in team catches the ball thrown by No. 1 and runs forward to scratch line, and throws ball back to No. 3. This procedure is continued until teams are positioned behind the scratch line furthest from them.

SPRINTING

INDIVIDUAL TRAINING PRACTICES

1. **Walking.**—Brisk walking at a speed of about four miles an hour, with special attention to relaxation and co-ordination of arm and leg action.

2. **Shacking**

- (a) Slow running with very short steps of a few inches, allowing whole body to be relaxed and arms hanging naturally at sides of body, speed about one minute for each 100 yds.
- (b) Fast shacking with short steps, but rapid leg movement.

3. **High Knee Shacking.**—High knee lift, with correct action of the arms, as for sprinting.

4. **Running.**—Running at medium pace with high knee lift action.

5. **Arm action**

- (a) Correct arm action in stationary position, with special attention to relaxation.
- (b) Correct arm action at walking speed.
- (c) Slow running with correct arm action.
- (d) (In pairs, facing, grasping partners hands, with arms crossed.) "Sawing".

6. **Leg action**

- (a) Basic technique of running with special attention to relaxation and correct leg and foot action.
- (b) Striding, exaggerate the knee lift and pull of the arms.
- (c) Running on the spot slowly with correct leg and arm action, changing to running on the spot with high knee raising to hit the palms of the hands with the knees. (Forearms held at right angles to the body with hands about shoulder-width apart.)
- (d) Grip a chair back, or rest hands against a wall, arms straight. Incline the body forward to sprinting angle, about 75 degrees. Mark time or run on the spot with knee raising and stretching of rear leg.
- (e) (Back lying, knees raised high.) Cycling.
- (f) Various skipping activities, with and without rope.
- (g) George's 100 up. Begin running slowly on the spot, gradually increasing the speed to its utmost limit, then ease up gradually to stop, as one would in a race. The arms should be moved vigorously as the speed is increased.
- (h) (In pairs, facing, grasping partner's hands.) Alternate knee raising high, with lifting on to tip-toes. Later, at running speed.
- (i) Running on the spot at varying speeds.
- (j) Practice running forward with feet just either side of a straight line, toes pointing forward.
- (k) Run on the spot followed by running for a short distance with rapid steps.
- (l) Run slowly, or at medium speed, alternating with sprinting.

7. Crouch Start

- (a) Practice "crouch" start position, *ie*, place the hands on the starting line, approximately shoulder-width apart, arms straight, and the thumb and fingers of each hand forming a tripod. The forward foot should be about $1-1\frac{1}{2}$ times its own length behind the starting line, with the rear knee on the ground in line with and slightly apart from the forward instep. Both knees must point straight to the front. When digging holes, dig from the front deep enough to enable strong backward pressure to be exerted without danger of slipping when making the start.
- (b) "*Set*" position.—Raise the rear knee a few inches slowly from the ground until the weight of the body rests chiefly on the hands and forward leg. The trunk approximately horizontal and the eyes directed towards the ground at a point a few feet in front of the starting line. The whole position is one of readiness.
- (c) *On signal to "start"*.—Punch leg (right) arm forward and upward to the centre line of the body and, at the same time, bring the right (left) hand up to the side of the body. Snap the rear knee forward and upward, and so give a forward drive to the whole of the body. Allow the body to rise gradually to the correct sprinting angle of about 70 or 80 degrees, which should be reached at a distance of about 20 to 25 yds from the start.

8. The "Finish"

- (a) Practice sprinting at top speed between two lines marked on ground about 10-yds apart.
- (b) Sprint 50 yds, aiming at generating the maximum speed at the 50 yd mark.
- (c) Two lines drawn on ground at 10 yds either side of a tape, about chest height, stretched between two standards. Practice sprinting between the two lines, developing maximum speed at the line furthest away.

TEAM TRAINING PRACTICES

1. **Sprint Relay**.—Teams in file, each with starting line equidistant from marked spot 10 to 15-yds away. On signal No. 1 of each team races to marked spot and returns to touch the hand of No. 2, who races to spot, and so on until all have run.

2. **Walking Relay**.—As for "Sprint Relay", except that the race is carried out at a fast walk.

3. **Over the Legs Relay**.—Teams in line, sitting with legs straight. On signal the leader runs round to the end of the team and returns to his place by jumping over the legs of the team. No. 2 then begins by jumping over the legs of the leader before running to the end of the team and returning to his place in the same manner as the leader. The game is continued until each member of the team has been in turn and all are in their original places sitting down.

4. **In and out the Files Relay.**—Teams in file. On signal, No. 1 turns about and runs in between the 2nd and 3rd players, and so on, passing in and out to the end of the line and back again in the same way. He touches No. 2 on his return, who starts forward round No. 1, and so on down the line. All in turn do the same thing, beginning forward, passing in and out of files down the line and back to their original places.

5. **Running Circle Chase.**—The players form up in a large marked circle at wide and equal intervals, facing either left or right. On signal, they start running round outside the circle, each player attempting to touch the one immediately in front of him. Immediately a player is touched he falls out. The aim is for a player to put out as many others as possible, without himself being touched.

6. **Reaction Touch.**—Teams in file. On signal, the leaders sprint round to the rear of their own teams. They then touch the player in front of them on the shoulder; this player passes "on" the touch until it reaches the new front player, who then sprints to rear of the team and the "touch" is again passed along.

7. **Exchange Relay.**—Teams in file, half behind a line A, the other half behind a line B, facing. On signal, the leader from line A runs forward and hands over the baton to the first player in his team behind line B. This player runs to line A and hands over the baton to the next runner, and so the game is continued. The first team to exchange places wins.

MIDDLE DISTANCE RUNNING

INDIVIDUAL TRAINING PRACTICES

Many of the training skills outlined for Sprinting will be found useful in training for middle distance running.

The training for middle distance events should be directed towards—

- (a) Speed. (b) Stamina. (c) Style.

1. Speed

- (a) Similar practices as described for Sprinting.
- (b) "Winders". Mark out two lines on the track about 25 yds apart. Carry out gentle striding, as the approach to the first line is made, start speeding up, so that on reaching it, it is possible to sprint at maximum speed as far as the second line. After the second line ease off into a gentle stride.
- (c) Striding action and "winders" alternately.
- (d) Practice 30-50 yds sprints.
- (e) Practice running distances from 300-600 yds at a speed faster than one is capable of when running a full half mile.
- (f) Practice one 600-yds as fast as possible per week, first, without sprint finish, later, with sprint finish.

2. Stamina

- (a) Practice quarter and half speed work for 1,000 yds.
- (b) Practice striding exercises and "winders" as for 440 yds.

3. Style

- (a) Practice easy leg swing from hips with maximum length of stride that is consistent with the pace.
- (b) Practice directing stride forward, landing squarely on ball of the foot.
- (c) Arms held loosely and moved forward and backward or slightly across body to maintain easy balance.
- (d) Running with body inclined forward from ankle.

LONG JUMP

INDIVIDUAL TRAINING PRACTICES

NOTE.—Various Sprinting practices as previously described should be included in each lesson.

1. (Take-off foot forward.) "Heel, tread, toe" forward rocking action, allowing weight of body to move forward, followed by backward rocking action.
2. As for (1) with arms swinging forward-upward.
3. As for (1) and (2) with high knee lift forward.
4. (Standing, knees bent, feet flat on ground, arms backward.) Arms swinging forward-upward to full stretch on toes.
5. Skip jumping with high knee raising to chest.
6. (In three's, facing same direction, two outer boys supporting inside boy by wrist and under arm pit.) At walking speed outer boys lift centre boy, who performs hitch-kick action.
7. Standing forward jump with arm swinging forward.
8. Run three paces forward, take-off with "heel, tread, toe" action with high knee and arm lift. Land on take-off foot.
9. Series of consecutive hops concentrating on forward and backward swing of free leg.
10. Stepping forward, followed by spring with high knee lift, later, emphasise the forward-upward swing of the arms.
11. Practice standing high jumps.
12. Practice standing long jumps, over gradually progressing distances.
13. Consecutive high jumps off both feet over several parallel low obstacles.
14. Practice run-up, using control marks at 15-30 and 60 ft to aid correct acceleration.
15. Practice running stride jump for height, landing on one foot.
16. Practice running stride jump landing on take-off foot. Aim at raising opposite knee high.

17. High jump standards placed at either side of jumping pit at 7 ft 6 in from take-off board. Rope fixed to standards at about 2 ft 6 in. Practice running up and take-off to clear rope for height.

18. Practice standing forward jump for landing technique.

HURDLING

INDIVIDUAL TRAINING PRACTICES

NOTE.—Various sprinting practices as previously described should be included in each lesson.

1. High knee lift sideways.
2. (In pairs, partner supporting "trailing" leg at side in clearance position.) Relaxed trunk bending downward to touch ground with hands.
3. Practice kicking a rope fixed at, approximately, head height, raising as high as possible on the toes, and swinging both arms forward-upward.
4. (Standing position.) Move one leg forward and slide to "hurdle position" on ground.
5. (Sitting in hurdle clearance position, hands clasped in front of body.) Elbow circling round knee of "trailing leg".
6. Using "human" hurdle. Practice slow "pivot" action, and correct hurdle clearance.
7. (In pairs, facing, grasping partners hands.) Trunk bending forward with one leg raising backward to balance lunge forward position. Practice rear leg "snap" through as high as possible.
8. Practice trunk and arm reaching forward as in hurdle clearance.
9. (Sitting, legs straight.) Change to hurdle position.
10. Practice various trunk suppling exercises.
11. Practice correct action at side of hurdle.
12. Practice at walking speed, "step-over" action over low hurdle. Aim at drawing rear knee over with a "circular sweep".
13. As for (12) aiming at big follow up stride with rear leg.
14. Practice short sprints between obstacles 10 yds apart.
15. Walk beside row of low hurdles, snapping the knee of the rear leg over the top of each hurdle.
16. Stand facing hurdle with heel of leading leg resting on top of hurdle. Reach forward with both hands to grasp top of hurdle, at same time bend rear knee to touch as near to ground as possible.
17. (In pairs, one in kneeling position with one arm forward.) Practice short sprint forward and correct hurdling action over out-stretched arm of partner. (Partner to coach for correct action.)

18. Practice walking forward three steps and swing leg high on fourth count, later with rhythmic arm swing and trunk bending downward.

19. (Sit in hurdle position, one leg stretched forward, other leg stretched sideways at right angles, and bent to a right angle at the knee.) Trunk pressing downward towards forward leg, with opposite hand moving forward.

20. Practice correct flight over one hurdle at speed.

21. Practice correct flight over one hurdle at speed, following by running forward to adjust number of paces to be taken between hurdles.

22. Practice flight and speed over two or more hurdles.

23. Practice flight and speed over one hurdle, followed by short sprint to finishing tape.

HIGH JUMP

INDIVIDUAL TRAINING PRACTICES

1. Scissors Style

- (a) (Take off foot forward.) Practice "heel, tread, toe" forward rocking action, allowing weight of body to move forward. Later, practice backward rocking action.
- (b) As for (a), but with arm swinging forward-upward.
- (c) High skip jumps with arms assisting.
- (d) (One leg raised sideways.) High cross kick in front of body.
- (e) High kicking to touch opposite hand.
- (f) Vigorous arm swinging forward-upward and backward with free leg pressing backward.
- (g) Run three paces forward, take-off, turn in air, land on take-off leg.
- (h) Practice kicking a rope fixed at approximately head height, raising as high as possible on the toes and swinging both arms forward-upward.
- (i) (In pairs, facing, feet together, grasping partners wrists.) Rock alternately from heel to toe and toe to heel. ("Heel-tread-toe" roll action.)
- (j) Practice running forward and hopping off jumping leg.
- (k) Practice approach run from an angle of 45 degrees.
- (l) Side lying, lower leg bent backward, practice "lay-out" position.
- (m) Stand with one side of the body close to a rope fixed between knee and hip-height. Practice scissors jump over rope.
- (n) Practice running scissors jump over rope, gradually increasing the height.

2. Eastern Form

NOTE.—Many of the practices as described for the "scissors" jump will be found suitable for this style of jumping.

- (a) Practice approach run-up and take-off, regulate steps.
- (b) Practice the turn and land on one foot, take-off to be a definite "heel-tread-toe" movement.
- (c) Kick up of free leg. Free leg to be straight with toe pointed.

- (d) Practice secondary lift of take-off leg. Free leg swung up vigorously and lightly across body.
- (e) Practice take-off with free leg swing and arm lift.
- (f) Stand with side of body towards rope. Take-off foot furthest away from rope. Spring over rope, and land on take-off leg.
- (g) Practice direct approach run towards rope, followed by a straight hop over, landing on take-off leg with back towards rope.
- (h) Practice running three paces forward, followed by hopping with quarter turn in the air. Land on take-off leg.
- (i) As for (h), but with complete turn. Aim at carrying arms up and back to shoulder level.
- (j) Approach rope with a five-stride run and spring upwards, aiming at jumping high enough to raise hips to the level of the rope. No attempt to be made at clearing rope.
- (k) Practice lay-out position on ground, *ie*, sitting, wide astride, both hands on ground near right hip. Raise hips from ground, followed by bending both arms.
- (l) (In pairs, facing, three paces apart, take-off leg backward.) Step forward on to take-off foot and jump off ground, swinging free leg forward, partner supporting ankle. Bring take-off leg up to touch knee of free leg with ankle, and turn, landing on jumping foot facing take-off. Later, without assistance and landing on take-off leg with hands supporting.
- (m) Practice cross-swing of take-off and trunk bending exercises.
- (n) Practice jump over low rope, delaying action of take-off leg until free leg is over bar.

NOTE.—In practices where boys are learning to “turn in the air” instructors should give a sound signal when the turn is to be made.

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